

HOW THE WORLD DEALS WITH DIGESTIVE HEALTH ISSUES

Prevalence



62% of **people worldwide** say they suffer from **digestive complaints (constipation, indigestion or diarrhoea)** at least once per year



Almost **twice as many women** suffer from **digestive health issues** on a weekly basis compared to men (11% vs 6%)



A third of people say they **suffer from indigestion, constipation or diarrhoea** at least once a month



Mexicans are most impacted by digestive complaints - 88% suffer from diarrhoea, 77% indigestion and 73% from constipation at least once per year

Germans suffer the least from constipation (42% at least once per year)

Russians suffer the least from indigestion (26% at least once per year)

People in Japan are the least likely to suffer from diarrhoea (59% in the past 12 months)

Impact on work



3 in 5 people (61%) say that diarrhoea has impacted them at work over the past 12 months



Half of people say that indigestion (52%) or constipation (50%) has impacted them at work over the past 12 months



Over the last month, people have been to work, on average, 4.7 times while suffering from a digestive health issue

Attitudes toward treatment



Just 22% of people worldwide say they consulted a pharmacist last time they suffered from diarrhoea or indigestion - and just 21% consulted a pharmacist when they last had indigestion



People are more likely to visit a physician when suffering from indigestion (18%) than from other digestive complaint



33% of people bought non-prescription medicine to treat themselves the last time they suffered with diarrhoea



8 in 10 people say they can't deal with digestive health issues without seeing a healthcare professional (80%)